

EXERCISE SCIENCE/SPORTS MEDICINE PERFORMANCE CHECKLIST

Explore a Variety of Therapeutic Careers Objective 01.01

Performance rating scale:

4 = skilled	Successfully demonstrated without supervision
3 = moderately skilled	Successfully demonstrated with limited supervision
2 = limited skill	Demonstrated with close supervision
1 = not skilled	Demonstration requires direct instruction and supervision

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Research three professions/careers related to therapeutic services.
Examples include, but are not limited to:

- Athletic Training
- Physical Therapy
- Occupational Therapy
- Exercise Physiology
- Sport Psychology
- Dietician
- Orthopedic Surgeon
- Massage Therapist
- Chiropractic
- Strength and Conditioning Trainer
- Personal Trainer

Complete a written and/or oral report for each of the three professions selected.
Each report must include the following:

- Skills necessary
- Education required
- Career setting
- Job description

_____ Profession 1

_____ Profession 2

_____ Profession 3

_____ ***Total Score***

_____ ***Average Score***

**EXERCISE SCIENCE/SPORTS MEDICINE
PERFORMANCE CHECKLIST**

**Prepare a Basic SOAP Note
Objective 01.03**

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The student will read a scenario and complete the SOAP note below.

_____ S

_____ O

_____ A

_____ P

_____ Correct information is placed in the appropriate area.

_____ ***Total Score***

_____ ***Average Score***

**EXERCISE SCIENCE/SPORTS MEDICINE
PERFORMANCE CHECKLIST**

**CPR Certification
Objective 04.03**

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Show proof of current CPR certification through one of the following:

_____ American Heart Association

_____ American Red Cross

_____ National Safety Council

Evidence of current CPR certification is indicated by a rating of "4".

EXERCISE SCIENCE/SPORTS MEDICINE PERFORMANCE CHECKLIST

Perform a Primary and Secondary Survey Objective 04.03

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Primary Survey:

_____	Student checks for unconsciousness/responsiveness and calls for help.
_____	Directs someone to call 911 if unresponsive.
_____	Student opens the victims <u>airway</u> using head tilt/chin lift method.
_____	Student looks, listens, and feels for <u>breathing</u> .
_____	Student checks for <u>circulation</u> by feeling the victim's pulse.

Secondary Survey:

_____	Student checks for bleeding with a quick body scan.
_____	Student checks for spinal injuries.
_____	Student checks for shock.
_____	Student performs a total body survey: palpate the skull and facial bones; check the pupils for equal size and normal reaction to light; check for fluid coming from the ears or nose; have the athlete bite down to check for pain and normal jaw alignment; palpate the cervical spine; palpate each clavicle individually; palpate the sternum - push down with side of hand; palpate the ribs - push down and in from sides; palpate each arm and hand separately, have the athlete squeeze the student's fingers at the same time; put one arm (if not injured) over the chest to be able to palpate the thoracic and lumbar spine; push on each of the four quadrants of stomach; push down and in on the pelvis; palpate each leg and foot separately; have the athlete push down and up with each foot against resistance applied by student; take blood pressure, respiration rate, and pulse rate

_____ *Total Score*

_____ *Average Score*

**EXERCISE SCIENCE/SPORTS MEDICINE
PERFORMANCE CHECKLIST**

**Perform a General HIPS Survey
Objective 04.03**

Performance rating scale:

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1 = not skilled	Demonstration requires direct instruction and supervision

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HISTORY:

_____ Purpose – to find out as much information as possible about an injury and the circumstances surrounding its occurrence.

_____ Sample questions (student should articulate a minimum of 4 questions)

Examples:

What happened?

Pain questions – location, duration, what makes it better/worse, etc?

Previous injuries?

Acute/chronic?

Joint responses – instability, giving way?

Sounds at time of injury?

INSPECTION:

_____ Look for (student should articulate a minimum of 5)

_____ Swelling

_____ Discoloration

_____ Deformity

_____ Bleeding

_____ Posture

_____ Functional abilities

_____ Facial expressions

PALPATION (student must articulate all 3):

_____ **Bones**
_____ **Muscles**
_____ **Soft tissue**

- **Begin away from the site of injury**
- **Palpate bilaterally**

SPECIAL TESTS:

_____ **Range of Motion**

_____ **Active – performed by the athlete**
_____ **Passive – performed by examiner with athlete relaxed**
_____ **Resistive – athlete contracts the body part while examiner provides resistance**

_____ **Stress Tests**

_____ **Use to assess joint function and integrity of structures**

_____ **Neurological**

_____ **Reflex Testing**
_____ **Sensations – sharp, dull, numbness, tingling**

_____ **Circulatory**

_____ **Pulse – distal to injury (normal = 60-80 bpm)**
_____ **Blood Pressure (normal = 120/80 mm Hg)**
_____ **Nail Bed Perfusion – distal to injury**

_____ **Physician Referral**

_____ *Total score*

_____ *Average Score*

**EXERCISE SCIENCE/SPORTS MEDICINE
PERFORMANCE CHECKLIST**

**Accurately Measure Blood Pressure, Pulse Rate and Respiration Rate
Objective 04.03**

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Blood Pressure:

- _____ **Apply blood pressure cuff on either arm just above elbow.**
- _____ **Inflate cuff to 150 to 200 mm Hg on sphygmomanometer.**
- _____ **Place stethoscope bell over brachial artery at front of elbow.**
- _____ **Air is slowly released from bulb as gauge returns to zero.**
- _____ **Report systolic (1st sound-average 120) and diastolic (2nd sound-average 80).**

Pulse Rate:

- _____ **Locate carotid pulse and measure beats for 15 seconds.**
- _____ **Multiply this number by four, to get a beats per minute rate.**

Respiration Rate:

- _____ **Measure number of times chest rises in 15 seconds.**
- _____ **Multiply this number by four, to get a one-minute respiration rate.**

_____ ***Total Score***

_____ ***Average Score***

**EXERCISE SCIENCE/SPORTS MEDICINE
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**Perform Procedures that Control Bleeding
Objectives 04.03**

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- _____ Student demonstrates while explaining that they would use clean or sterile material to apply direct pressure to the wound.
- _____ Student explains and demonstrates that they would elevate the injured limb above the level of the heart while maintaining direct pressure.
- _____ Student locates appropriate pressure point proximal of the wound site and applies direct pressure to the artery to slow the bleeding - while maintaining direct pressure on the wound and elevation.
- _____ Student applies a pressure bandage on top of the previously applied dressing.
- _____ Student explains that any or all of these four methods could be used to control bleeding and that they work best when used simultaneously.

_____ *Total Score*

_____ *Average Score*

**EXERCISE SCIENCE/SPORTS MEDICINE
PERFORMANCE CHECKLIST**

**Fit Crutches to Any Size Individual
Objective 04.03**

Performance rating scale:

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- _____ Student asks the height of the subject and locates a pair of crutches that is in the approximate range.
- _____ Student places the crutches under the subject's armpit with the crutch tips two inches in front and four inches to the side of the tip of his/her foot. With the crutch in this position, the axillary pad should be two finger widths below the armpit. If not, the legs should be adjusted.
- _____ With the crutch in this same position, the hand pad should be adjusted so that the elbow is flexed 15 to 20 degrees.
- _____ The subject should be instructed to move the injured limb with the crutches. When going upstairs, the uninjured leg leads first and the injured limb and crutches follow. When going downstairs, the injured limb and crutches go down first and the uninjured leg follows.

_____ ***Total Score***

_____ ***Average Score***

**EXERCISE SCIENCE/SPORTS MEDICINE
PERFORMANCE CHECKLIST**

**Tape An Ankle Within Five Minutes Using The Standard Prophylactic Method
Objective 05.02**

Performance rating scale:

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_____ Foot is placed in the neutral dorsiflexion/eversion position.

_____ Pre-wrap is applied from the mid-arch to the musculotendinous junction of the gastrocnemius and the achilles tendon.

_____ Follow proper sequence of taping procedure; anchors, stirrups, fill-ins and heel locks (using two layers throughout).

_____ Tape is applied uniformly to prevent tape cuts and/or blisters.

_____ ***Total Score***

_____ ***Average Score***

**EXERCISE SCIENCE/SPORTS MEDICINE
PERFORMANCE CHECKLIST**

**Tape A Thumb Within Three Minutes Using The Standard Prophylactic Method
Objective 05.02**

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_____ Student instructs the athlete to fully extend and adduct fingers - while keeping the thumb in a relaxed, neutral position.

_____ Pre-wrap is applied to the forearm, wrist and thumb.

_____ Anchor strips and thumb spicas are placed in proper sequence.

_____ Tape is applied uniformly and fits to the contour of the skin.

_____ ***Total Score***

_____ ***Average Score***

**EXERCISE SCIENCE/SPORTS MEDICINE
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**Tape An Elbow Hyperextension Within Five Minutes
Using The Standard Prophylactic Method
Objective 05.02**

Performance rating scale:

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_____ Elbow is flexed at approximately a 45 degree angle.

_____ Adhesive spray and pre-wrap is applied from mid-humerus to mid-forearm.

_____ Anchors are applied above and below the joint.

_____ A tape "fan" is developed and applied appropriately.

_____ Cover strips are applied.

_____ Tape is applied uniformly.

_____ ***Total score***

_____ ***Average Score***

**EXERCISE SCIENCE/SPORTS MEDICINE
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**Demonstrate the R.I.C.E. Method for Acute Injuries
Objective 07.01**

Performance rating scale:

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- _____ Discuss what type of REST the athlete should be doing and the importance of letting the injury heal.
- _____ Apply some form of ICE to the injury, making sure that it is held in place properly and snugly. Describe the length of time the ice should be left on the body part.
- _____ Apply COMPRESSION properly to the injury and discuss the physiological affects, types of compression and contraindications of compression.
- _____ ELEVATE the injured body part above the level of the heart and discuss the physiological affects of elevation.

_____ *Total Score*

_____ *Average Score*

**EXERCISE SCIENCE/SPORTS MEDICINE
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**Demonstrate Proper Techniques of Static Stretching
Objective 07.01**

Performance rating scale:

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_____ Instruct the athlete to slowly stretch to the point where he/she feels tension (not pain), and hold that position for 10 to 20 seconds. The stretch is repeated three to five times.

Demonstrate the correct stretch for the following muscles/muscle groups:

_____ Trapezius, neck (using rotation)

_____ Anterior shoulder

_____ Posterior shoulder

_____ Abdominal

_____ Low back/lumbar region

_____ Hamstrings

_____ Quadriceps

_____ Groin

_____ Hip flexors

_____ Gastrocnemius/Achilles tendon

_____ *Average Score*

Total Score